Filipino Psychology (Sikolohiyang Pilipino) – Study Reviewer

I. Definition of Filipino Psychology

Sikolohiyang Pilipino is the indigenous psychology rooted in Filipino culture, language, and experience. It studies Filipino behavior using Filipino concepts instead of Western frameworks. The field was pioneered by Virgilio G. Enriquez, known as the Father of Filipino Psychology.

II. Goals of Filipino Psychology

1. Cultural relevance – concepts should reflect Filipino culture.

2. National identity – strengthen Filipino identity and awareness.

3. Decolonization – challenge Western-dominated psychological perspectives.

III. Important Scholars

Virgilio G. Enriquez – Father of Filipino Psychology.

Alfredo V. Lagmay – Reinterpreted Bahala Na as courage and risk-taking.

Zeus Salazar – Identified four filiations of Sikolohiyang Pilipino.

Frank Lynch – Identified pakikisama as a Filipino value.

Jose De Mesa – Defined loob as the core of personhood.

Leonardo De Castro – Interpreted loob as will.

IV. Core Concept: Kapwa

Kapwa means shared identity or shared self. In Filipino psychology, the self is not isolated but defined through relationships with others.

V. Categories of Kapwa

Ibang Tao – outsiders such as strangers or acquaintances.

Hindi Ibang Tao – one-of-us such as family, friends, and trusted groups.

VI. Important Filipino Values

Hiya – sense of shame or social propriety.

Utang na Loob – debt of gratitude and reciprocity.

Pakikisama – maintaining smooth interpersonal relationships.

Pakikiramdam – sensitivity to others' emotions.

Bahala Na – determination and courage despite uncertainty.

VII. Concept of Loob

Loob refers to the inner self or core of personhood. It includes intention, morality, and emotional life.

VIII. Internality vs Externality

Panloob (internal) – inner feelings, beliefs, and values.

Panlabas (external) – outward behavior or expressions.

IX. Indigenous Research Methods

Pakikipagkuwentuhan – conversational storytelling.

Pagtatanong-tanong – informal questioning.

Pakikiramdam – sensing emotions and nonverbal cues.

Panununluyan – living with the community.

Pakikipagkapwa – recognizing participants as equals.

X. Filipino vs Western Research

Filipino research focuses on relationships, community welfare, and cultural sensitivity, while Western research often emphasizes objectivity and structured methods.

XI. Ethical Principles in Indigenous Research

1. Build relationships with participants.
2. Treat participants as equals.
3. Prioritize participants' welfare.
4. Use culturally appropriate methods.
5. Use the language of the people.

XII. Societal Values

Karangalan – dignity and honor.

Katarungan – justice and fairness.

Kalayaan – freedom and autonomy.

XIII. Importance of Filipino Psychology

It promotes culturally sensitive counseling, strengthens Filipino identity, and supports community-based approaches to understanding behavior.